

Appl. No. 10/816,145  
Amdt. dated June 26, 2006  
Reply to Office Action of June 5, 2006

Dkt. 6879/71806

**Amendments to the Claims:**

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

Claims 1-7 (canceled).

Claim 8. (currently amended) A method for monitoring a length of time that a person has been immobile, comprising:

resetting a control unit;

detecting whether a pressure sensor is activated;

setting a first timer to a predetermined first time period; and

activating a warning signal if the pressure sensor remains activated during the entire first time period; and

allowing a user to manually reset the control unit.

Claim 9 (original). The method of claim 8, wherein the method is used to prevent deep vein thrombosis.

Claim 10 (original). The method of claim 8, wherein the method is implemented on a stand alone device, a mobile phone, a personal digital assistant, or on a laptop or desktop computer.

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Claim 11 (original). The method of claim 8, further comprising setting a second timer to a second predetermined time period when the pressure sensor is deactivated.

Claim 12 (original). The method of claim 11, wherein the first timer is reset if the pressure sensor is deactivated for a period of time greater than or equal to the second predetermined time period.

Claim 13 (original). The method of claim 11, further comprising resetting the first timer if the pressure sensor is deactivated before the second time period elapses.

Claims 14-18 (canceled).

Claim 19 (new). A method for preventing deep vein thrombosis in a subject which comprises utilizing a device for sensing pressure caused by the subject remaining immobile, timing how long the subject remains immobile, and warning the subject that it is time to stand up when the subject has been immobile longer than a length of time, the length of time being effective to prevent deep vein thrombosis.